

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city):** myHealth for Teens and Young Adults, Hopkins

**Contact:** Gerilyn Hausback or Jennifer Benton

**Phone and Email:** [gerilynh@myhealthmn.org](mailto:gerilynh@myhealthmn.org) or [jenniferb@myhealthmn.org](mailto:jenniferb@myhealthmn.org)

**Goal:** Provide case management and support services to pregnant and parenting teens and young adults through home visits which will result in positive birth outcomes, and will encourage and assist clients in caring for their babies after birth.

**For the period/quarter:** Jan 1 – Mar 31 2017 (Quarter 3)

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	myHealth Executive Director will monitor Becoming Program budget, expenditures, MDH invoicing and reporting requirements myHealth Clinic Director will supervise Becoming program manager and review client evaluations and program activities annually, or more frequently as needed Becoming program manager will hire and train new staff if there are openings in program Becoming program manager will		myHealth has not hired any new staff in the Becoming Program.  Although the number of positive pregnancies in clinic has decreased, we continue to complete follow-up calls and encourage participation in the Becoming Program to all positive pregnancies. During the quarter reported, 3 positive pregnancies were contacted.  Becoming staff did not do any tabling in the community during the quarter.	

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
	<p>evaluate nursing staff every 12 months, or more frequently as needed</p> <p>myHealth staff will provide current Becoming Program brochures and information to new and existing collaborative agencies through community tabling events</p> <p>myHealth clinic staff will make referrals to Becoming Program for all positive pregnancy clients confirmed in clinic</p> <p>myHealth Becoming Program manager or nurse will make follow-up calls within 1-2 weeks and encourage participation in the Becoming Program</p>			
<b>Outreach</b>	Promotion of Positive Alternatives programming		<p>Although the Becoming program staff did not do tabling during the quarter, anytime a myHealth staff member does tabling <b>all</b> programs are summarized and brochures and other information are available for participants.</p> <p>Young Moms Connect, support group, was held this quarter. 8 clients attended this group session.</p>	
<b>Case Management Services</b>	<p>Fill out a needs assessment form with new clients to determine frequency of visits needed and additional services and/or information client might need</p> <p>Offer assistance and referrals to</p>	30-50 per year	<p>All new Becoming clients complete a Needs Assessment upon entry to the program. During the quarter, 11 clients were served in over 40 home visits and 1 new client joined the program.</p> <p>Clients were referred to resources such as WIC, ECFE, and MNSure.</p>	45

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
	<p>address additional client needs</p> <p>Working from the Becoming Program <b><i>Prenatal Checklist</i></b>, provide case management during “home visits” – these may be at sites like schools, restaurants, coffee houses, etc. in addition to private homes. Some phone calls qualify as a “home visit” when education and information is exchanged with a client in an extended phone call</p> <p>Upon delivery, working from the Becoming Program <b><i>Postpartum Checklist</i></b>, provide case management to new mothers during “home visits”</p> <p>Assist clients in developing a life plan for self-sufficiency, including both short-term and long-term goals</p>			
<b>Material Support</b>	<p>myHealth receives donations of supplies for both pregnant and parenting women. These supplies may include, but are not limited to: clothes, diapers, car seats, formula, safety equipment, maternity clothing, furniture for baby, etc.</p> <p>myHealth staff will ensure that all Becoming Program clients</p>	30-50 per year	<p>Diapers/wipes and baby clothes have been the biggest request/need from our clients during this quarter. Other major material support supplies that were given out this quarter include safety equipment, nursing supplies, personal care items, and books.</p> <p>During the period reported, gift cards for Target were purchased.</p> <p>During the period reported we were approved as a partnering agency with Cradle of Hope. We will begin to give pack and plays</p>	34

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
	have access to the supplies they need, at no charge to the client. Utilizing grant funding, myHealth will purchase gift cards (not to exceed \$10 face value) to provide financial support for clients needing to purchase household and baby items.		to clients in need as soon as we have inventory.	
<b>Mental Health</b>	<p>Becoming Program staff assess all clients for prenatal or postpartum depression and current use of tobacco, alcohol and other drugs (ATOD)</p> <p>Utilize the Edinburgh Scale Assessment for postpartum depression</p> <p>Refer Becoming Program clients to myHealth therapist/counselor or outside mental health support, as needed</p> <p>myHealth therapist/counselor will contact or schedule Becoming Program client within 24-48 hours of referral, as needed</p> <p>Assess, educate, advise and assist every case management client concerning chemical use and their individual treatment plans at each home visit</p> <p>Utilize the myHealth's</p>	30-50 per year	<p>During the period reported, all new program clients (1) were screened for mental health issues as well as postpartum clients or any other client that appeared to need screening. We completed 5 Edinburgh screenings along with 1 PDPI depression screenings (prenatal screening tool). Based on results no clients were referred to mental health.</p> <p>We continue to monitor chemical use on an ongoing basis with all program clients.</p>	6

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
	Resource/Referral book to provide information and make referrals, as needed			
<b>Parenting Education</b>	<p>Following the Becoming Program <b>Postpartum Checklist</b>, provide postpartum visits with each new mom and baby to assess infant's weight, mom's recovery, coping ability, etc.</p> <p>Teach parenting education to individual clients at home visits about topics including infant-parent attachment, nutrition, well baby care, feeding baby/child, sleep, safety, early literacy, etc.</p> <p>myHealth Becoming staff will ensure that parent education includes life skills such as household budgeting, cooking and healthy eating, relationship building, co-parenting, etc.</p>	30-50 per year	<p>We have a total of 8 girls that are postpartum this quarter (we added 2 more clients that delivered towards end of quarter). We completed a total of 30 visits following the Postpartum Checklist.</p> <p>Becoming Program continues to have a 100% rate for initiating breastfeeding.</p>	30

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Pregnancy Education</b>	<p>Following the Becoming Program <b>Prenatal Checklist</b>, teach individual clients at home visits information about maintaining a healthy pregnancy i.e. nutrition, exercise, importance of prenatal exams, no chemical use, planning for labor and delivery, etc.</p> <p>Teach the childbirth preparation class at New Beginnings alternative school each quarter of the school year to all New Beginnings students</p>	30-50 per year	<p>We have a total of 3 girls that were prenatal this quarter (we moved 2 clients to postpartum after delivery towards the end of the quarter). We completed a total of 11 visits following the Prenatal Checklist.</p> <p>During the quarter we presented 6 prenatal education classes at New Beginnings and 4 students attended the classes.</p>	11
<b>Provide Necessary Services to all clients - Referrals</b>	<p>Upon determination of need, ensure that all program clients have access to resources and information that they need to make responsible and well-informed decisions about their pregnancy. Including, but not limited to: Adoption programs, education assistance (GED, college), financial assistance, housing, food, legal aid, child care.</p> <p>Follow-up with clients to ensure utilization of referred resources.</p>	30-50 per year	<p>myHealth makes referrals for many services provided outside of the clinic and the Becoming program. The largest need of our clients this quarter was childcare assistance.</p> <p>One challenge continues to be transportation. The Becoming Program makes referrals to resources but many of our clients have a hard time getting to resources.</p>	4

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	11
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	11
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	11
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	0
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	11

**Challenges:** Included above in each section.

**Comments:**